

**Our vision is an empowered
community, which values and supports
the health and wellbeing
of all women and their families**

**Our Centre is a safe space for women.
Male relatives and friends are requested to
wait downstairs**

Our services

- Information & referral
- Casework for complex issues
- Generalist counselling
- Child and adolescent trauma counselling
- Health promotion
- Dietitian
- Groups, activities & workshops
- Legal Aid outreach clinic
- Women's Health Doctor
- Psychologist



Sign up for our eNewsletter

If you want to receive our eNewsletter with news
and updates about all our classes, groups and
other activities, simply email us at
[swslhd-
bankstownwomenshealthcentre@health.nsw.gov.au](mailto:swslhd-bankstownwomenshealthcentre@health.nsw.gov.au)



***Children may not attend any services,
groups or activities unless stated.
For safety reasons, children must be
accompanied at all times and cannot wait alone in the
waiting room while
you attend an appointment***

Fees & charges

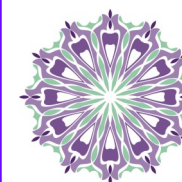
Most of our groups, workshops & activities are
provided free of charge. Some classes charge a
fee to cover the cost of hiring the facilitator.



**Groups, Classes &
Workshops**

Term 2 2020

**27th April 2020
To 3rd July
2020**



**Bankstown
women's
health centre**

**is a safe space for women
and wheelchair accessible**

**Level 1, 24-26 Jacobs Street
Bankstown 2200**

**Tel: 9790 1378
www.bwhc.org.au**

**www.facebook.com/banksto
wnwomen**

**Email: Swslhd-
bankstownwomenshealthcen
tre@health.nsw.gov.au**

MONDAYS

Active Women

9:30 am –10.30 am (Free)

Improve your Health and Wellbeing, Stay active and Healthy. Meet others

- Social group
- Gentle Exercise



Wellness for Women

10.30am-1pm (Free)

For Women who have experienced Cancer or have a family member or a friend who have been affected by Cancer

- Arabic Cancer Support Group
- Yoga
- Mindfulness
- Mentoring and Healthy Living
- Education program
- Lunch

Cancer Institute NSW



Vietnamese cultural group

1pm - 2.30pm (FREE)

Improve your Health and Wellbeing, Stay active and Healthy. Meet others

Exercise
social group
Information exchange
Education



TUESDAYS

Craft Group

9.30-11.30am (Free)

Do you enjoy craft and art and meeting others ? Learn jewelry making, craft and Art in a safe, friendly, supportive environment

- Creative and social group
- Jewelry making
- Art and craft activities

In partnership with SSI Ability links

Boxing for Teen Girls

4pm-6pm (FREE) 12 yrs—18yrs

Build on your skills and strength through boxing in a women's only Centre

Professional Instructor and Counsellor



WEDNESDAYS

Yoga

9.30 am-10.30 am (\$10 per session)

Mind Body practice that combines physical movement, breathing and meditation. Yoga may help to improve stress and lower blood pressure.

Tokens can be purchased 30 minutes prior to class. come early to avoid disappointment.

Healthy Lifestyle Group and exercise session

11.00am-12 :30 pm (Free)

Dietician: Renee

Supporting and promoting healthier lifestyles for women who have, or who are at risk of developing, chronic health conditions. Topics include:

- Diabetes
- Cholesterol
- Heart disease / blood pressure
- Healthy food & lifestyle choices

THURSDAYS

FOOD SHARE

FREE FOOD!

Reopens 16th jan 2020

Closes only over Xmas period



*Eat well, live well (contribution \$2)
Our aim is to support families in gaining access to healthy and nutritious food.*

EVERY THURSDAY Door opens at 9.30am so be early to avoid missing out as food goes quickly.

Must be over 18 and live in the Canterbury Bankstown LGA

call : (97901378)

